Spring 2004 Classes

- To register by mail, please use the mail-in registration form on page 11.
- All Classes meet at the Troy Community Center and are for **men AND women**
- Community Center membership IS NOT required.
- **Low Income Scholarships:** Through a grant from the Community Foundation of Troy, Troy seniors 55 and older with an annual household income of $24,450 or less for a one person household or $27,950 or less for a two person household can receive a 50% discount on classes listed on this white insert - limit one class per person per season (TWO classes per person per season for computer classes). You must submit an application once a year and last year's federal or state income tax form 1040 (or Michigan Homestead form) as proof of income. Applications are available at the Community Center. Call Carla Vaughan at 248-524-3484 for details.

Piano Keyboarding

Grace Darbro from Evola Music will teach piano keyboarding and basic note reading in an enjoyable format. A book may be purchased at the first class: $10 for beginners and $13 for intermediate. Limit: 20/class.

Fee: $20   **Weeks:** 10

Act. #	Day	Level	Time	Begins	Ends
128949A	Mon	Beg.	10-10:55 am	Mar 22	May 24
128949B	Mon	Int	9-9:55 am	Mar 22	May 24

Tap Lessons

Beginners: No experience necessary! Learn basic steps and combinations and work on a nifty routine. Bring your old tap shoes, or come to the first class and we will suggest places to find new or used shoes.

Intermediate: For those with some experience (it doesn't have to be recent!). Learn a variety of steps and combinations and work on routines. Fun and exercise a priority. Occasional (optional) opportunities to perform as the Troy Timeless Tappers.

Fee: $30   Instructor: Terry Slater

Act #	Level	Day	Time	Begins	Ends	Wks
128901A	Int.	Wed	2:30 pm	Apr 7	Jun 9	10
128901B	Adv.Beg.	Tue	1:30 pm	Apr 6	Jun 8	10
128901C	Beg	Tue	2:30 pm	Apr 6	Jun 8	10

Senior Swim Lessons

Improve your swimming skills at the Troy Community Center. Community Center membership is not required. No class April 13.   **Fee:** $54

Act. #	Day	Time	Begins	Ends	Wks
123004A	Tue	1:30-2:15 pm	Mar 23	May 18	8

Watercolor Painting Lessons

Learn to paint creatively. Each class will cover a basic technique in learning the process of watercolor painting, but the aim of this class will be to use water and paint to "let loose" you own creativity. **The supply list is printed on your receipt.**

Instructor: Barbara Wright   **Fee:** $35

Act. #	Day	Time	Begins	Ends	Wks
128956A	Wed	9:30-11:30 am	Mar 24	May 26	10

Acrylic and Oil Painting Lessons

Carl Angevine teaches acrylic and oil painting for beginning and advanced students. Mr. Angevine has received 45 professional juried awards and his work has been featured in *The Artists Magazine*, a national publication. **The supply list is printed on your receipt.**

Act. #	Day	Time	Begins	Ends	Wks	Fee
128955A	Tue	1-3 pm	Mar 16	May 5	8	$45

Country Line Dance Lessons

Intermediate country line dance lessons are held each Monday from 1-3 p.m. Beginning lessons are offered on Wednesdays from 7:30-9 p.m. Classes meet at the Troy Community Center. The drop-in fee is $2 per person. Partners are not required. Jack Leve instructs.

Ballroom Dance Lessons

Beginning/intermediate ballroom dance lessons are offered each Wednesday from 1-2 p.m. at the Troy Community Center. The drop-in fee is $2 per person. You do not need a partner. Elaine Marrero, 1999 Swing and Salsa World Champion, instructs.

Harmonica Lessons

Harmonica lessons are offered Mondays September - June from 9:30-10 am at the Troy Community Center. A harmonica workshop for more advanced students will be offered from 9-9:30 a.m. beginning September 8. There is no fee for these drop-in programs.

Tai Chi

Enhance balance and body awareness through slow, graceful, and precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Adv. No class April 12 and May 31.

Instructor: Kim **Day:** Mon **Weeks:** 10

Act. #	Level	Time	Begins	Ends	Fee
125903A	Beg.	1-2 pm	Mar 22	Jun 7	$30
125903B	Int.	3-4 pm	Mar 22	Jun 7	$30
125903C	Adv.	2-3 pm	Mar 22	Jun 7	$30

Pilates

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Bring a mat and one bath size towel. You must be able to get down on the floor for this class. No class the week of April 12. **Instructor:** Fawn.

Act. #	Day	Time	Begins	Ends	Wks	Fee
125905A	T&Th	11-11:50 am	Mar 23	Jun 3	10	$53

Yoga

Release tension by exercising all muscle groups and emphasizing breathing. Yoga is ideal for all ages and body types. Wear exercise attire and bring a mat or towel to lie on. No class April 12 and 14 and May 31.

Instructor: Marie **Time:** 11:00 am -12:10 pm

Act. #	Day	Begins	Ends	Wks	Fee
125902A	Mon	Mar 29	Jun 14	10	$36
125902B	Wed	Mar 31	Jun 9	10	$36

Golf Fitness with Marilyn McCauley

This class is for golfers and non-golfers of any fitness level and is designed to enhance your everyday activities. Using bands, weights and balls, you will learn easy and safe exercises to develop muscular strength, coordination, flexibility and balance. Exercises are done seated and standing - no floor work. No class the week of April 12.

Act. #	Day	Time	Begins	Ends	Wks	Fee
125907A	T&Th	1-1:50 am	Mar 23	Jun 3	10	$53

Arthritis Exercise

This class will provide stretching, toning and relaxation exercises aimed at reducing joint pain and stiffness. All exercises can be done seated. As always, consult with your doctor before beginning an exercise program. No class the week of April 12 and May 31.

Weeks: 10 **Instructor:** Lisa

Act. #	Day	Time	Begins	Ends	Fee
125904A	Mon	11-11:50 am	Mar 22	Jun 7	$27
125904B	Wed	11-11:50 am	Mar 24	Jun 2	$27

Muscle Strengthening

A total body workout using 2, 3, and 5 pound weights, tubing, and medicine balls. Bring a water bottle. No class April 9 or the week of April 12. Friday students may attend class on another day the week of April 9.

Weeks: 10 **Instructor:** Lisa

Act. #	Day	Time	Begins	Ends	Fee
125900A	M&W	9-9:50 am	Mar 22	Jun 2	$53
125900B	T&Th	10-10:50 am	Mar 23	Jun 3	$53
125900C	Fri	11-11:50	Mar 26	Jun 4	$27

Gentle Aquatic Exercise

Gentle-to-your-joints water exercise for persons 55 and older. Enter pool at zero depth edge. **Please note:** *This class is held in the lap pool, not the therapy pool. Water temperature is approximately 82-84 degrees.*

Weeks: 10 **Fee:** $74 ($37 for Friday)

Act. #	Day	Time	Begins	Ends	Inst
125901A*	M&W	10-10:50 am	Mar 22	Jun 2	Lisa
125901B**	T&Th	9-9:50 am	Mar 23	Jun 3	Jenifer
125901C**	T&Th	10-10:50 am	Mar 23	Jun 3	Jenifer
125901D*	Fri	10-10:50 am	Mar 26	Jun 4	Lisa

*No class the week of April 12. Also, no class April 9-Friday students may attend on another day that week. **No class the week of March 28.

Beginning March 15, there will be a fee of $1 per class for the Stretch and Tone and Chair Exercise classes. Participants will purchase a punch card and will pay only when they attend.

Stretch and Tone

Exercise all muscle groups with both standing and floor exercises. Class meets on Mondays and Thursdays from 11-11:50 a.m. year round except when the Community Center is closed for holidays. If class is held when the instructor is absent, there will be no fee that day.
Instructor: Carol Petty

Fee: $1 per class - punch card required. Punch cards good for 10 classes may be purchased at the Community Center front desk for $10.

Chair Exercise

Gentle stretching and strengthening exercises, all done seated in a chair. Class meets on Tuesdays and Fridays from 11-11:50 a.m. year round except when the Community Center is closed for holidays. If class is held when no instructor is present (i.e. the video is used), there will be no fee that day. **Instructor:** Marilyn McCauley

Fee: $1 per class - punch card required. Punch cards good for 10 classes may be purchased at the Community Center front desk for $10.

SPRING
2004

SeniorNet
Bringing Wisdom to the Information Age.

SeniorNet Learning Center

Welcome to the Troy SeniorNet learning center where classes are taught and coached by senior volunteers. Learn to use a computer, access information on the Worldwide Web, and connect to family and friends through email in a friendly, low-pressure environment. Class size is limited to eight students. A computer is provided for each student for hands on experience. Persons 50 and older may register now at the Troy Community Center or by mail using the form on page 11. Classes meet at the Troy Community Center.

Free Retakes: Students may take a class over for free if needed. See your instructor for details.

Refunds: Refunds must be requested prior to the class start date and incur a $10 cancellation fee.

Low Income Scholarship: A 50% discount is available for Troy residents and the SeniorNet membership is free if you meet the income guidelines on page 11.

SeniorNet Membership: SeniorNet is a nonprofit organization dedicated to teaching older adults to use computers. To sustain and expand their educational programs, they require a $40 annual membership ($60 for two years, $85 for three years) prior to enrollment in Learning Center classes. With this membership, you can also access the SeniorNet website and receive SeniorNet's quarterly newsletter containing the latest information on SeniorNet, software and book reviews, educational articles, and discount information. **For a SeniorNet membership, ask for Activity #135950.**

Computer Fundamentals
(Recommended 1st Class)

This course is for those who have no previous knowledge of computers and for those who feel that technology may be beyond them. It provides students with the basics of using the computer keyboard and mouse. The goal is to become familiar with the basics of computer use while building self-confidence. Eight hours of instruction in four two hour lessons. A textbook is included in the fee. **Fee:** $24 plus SeniorNet membership.

Act. #	Day	Time	Beg.	Ends	Wks
135951N	M & W	1-3 pm	Mar 15	Mar 24	2
135951O	M & W	6:30-8:30 pm	Mar 15	Mar 24	2
135951P	M & W	6:30-8:30 pm	May 24	Jun 7	2*
135951Q	M & W	6:30-8:30 pm	Jun 14	Jun 23	2*

*No class Monday, May 31

Introduction to Computers
(Recommended 2nd Class)

Prerequisite: Computer Fundamentals or some previous computer experience. This course builds on Computer Fundamentals utilizing a hands on approach. Receive an introduction to the different computer programs available on most home computers including Word, Internet and email. Sixteen hours of instruction in eight two hour lessons. A textbook is included in the fee. **Fee:** $40 plus SeniorNet membership.

Act. #	Day	Time	Beg.	Ends	Wks
135952N	T & Th	9-11 am	Mar 16	Apr 8	4
135952O	T & Th	1-3 pm	Mar 16	Apr 8	4
135952P	T & Th	9-11 am	May 25	Jun 17	4

Introduction to the Internet

Learn to use email, the World Wide Web, online discussions and chat rooms. The course covers signing on to the Internet, sending and receiving email, finding your way around the web with addresses and search engines, participating in discussions and chat and downloading files. Sixteen hours of instruction in eight two hour lessons. A textbook is included in the fee. **Fee:** $40 plus SeniorNet membership.

Act. #	Day	Time	Beg.	Ends	Wks
135953E	T & Th	9-11 am	Apr 20	May 13	4
135953F	T & Th	1-3 pm	May 25	Jun 17	4

Introduction to Word Processing

Learn how to use Microsoft Word to create letters and other documents. Learn how to set margins, insert pictures, check spelling, print, and more. Sixteen hours of instruction in eight two hour lessons. A textbook is included in the fee. **Fee:** $40 plus SeniorNet membership.

Act. #	Day	Time	Beg.	Ends	Wks
135954D	T & Th	6:30-8:30 pm	Mar 16	Apr 8	4

Picture It

Create your own greeting cards using *Picture It*. Learn to design cards using clip art, templates and your own photos. Learn to scan and do beginning editing of your photos to include in your cards. Class will also introduce other projects such as flyers and putting photos in emails. Sixteen hours of instruction in eight two hour lessons. **Fee:** $40 plus SeniorNet membership.

Act. #	Day	Time	Beg.	Ends	Wks
135955C	T & Th	1-3 pm	Apr 20	May 13	4
135955D	T & Th	6:30-8:30 pm	Apr 20	May 13	4

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Photoshop Elements

Prerequisite: Introduction to Computers or some previous computer experience. Photoshop Elements is the home version of the professional program most commonly used to edit photos and other digital art. It can also be used to create publications such as family collages, greeting cards, family albums, etc. If you would like to be introduced to a photo-editing program, create family projects that include photos or have old family photos that need to be restored, this is the class for you. 8 hours of instruction in 4 two-hour lessons. **Fee:** $24 plus SeniorNet membership.

Act. #	Day	Time	Beg.	Ends	Wks
135956A	M & W	1-3 pm	Mar 29	Apr 7	2
135956B	M & W	6:30-8:30 pm	Mar 29	Apr 7	2

Introduction to Genealogy

Prerequisite: Introduction to Computers or some previous computer experience. Learn how to use the computer program *Family Tree Maker*® to create your own family tree. This course will show you how to organize your data, create scrapbooks of photographs and memorabilia, create various types of pedigree and descendent charts, print a family history book and share data with others. 14 hours of instruction in 7 two-hour lessons. Note while this course will discuss various resources available to gather family tree information, its primary emphasis is learning to utilize the computer to help you organize, change and preserve facts about your own family history and ancestors. A textbook is included in the fee. **Fee:** $40 plus SeniorNet Membership.

Act. #	Day	Time	Beg.	Ends	Wks
135957A	M & W	1-3 pm	Apr 19	May 12	4
135957B	M & W	6:30-8:30 pm	Apr 19	May 12	4

Scrapbooking

Prerequisite: Introduction to Computers or some previous computer experience. This is the computer version of creating scrapbooks. You will learn how to work with your photos to create scrapbook projects that can be saved and shared for years to come. Saving to CD's is one of the best ways to preserve and share family memories for years to come. No special software is required on your home computer to create scrapbooks but image editing software is the easiest way to work with art. Photoshop Elements and other programs will be used in class. Come join the fun. 16 hours of instruction in 8 two-hour lessons **Fee:** $40 plus SeniorNet Membership.

Act. #	Day	Time	Beg.	Ends	Wks
135958A	M & W	1-3 pm	May 24	Jun 21	4*
135958B	T & Th	6:30-8:30 pm	May 25	Jun 17	4

*No class Monday, May 31.

Would you like to volunteer as an instructor or a coach?

Please call 248-524-3484 and ask to register for Activity #125927. We will contact you with more information. Thank you!

Computer Club

The Computer Club meets on the first Wednesday of each month at 10 a.m. in the computer lab at the Community Center. Members share their expertise on certain topics, host guest speakers and have open discussions. Reservations are not required and there is no charge.

Drop-In Computer Lab

The lab is open for drop-in use as follows:

Mondays, Wednesdays* and Fridays from 9:30 a.m. to noon

Drop in to type and print a letter, use the Internet, play games, or practice what you are learning in class. The staff for drop-in lab are volunteers. These hours are subject to change based on volunteer availability. There are eight computers, and use will be on a first come basis limited to one hour if anyone is waiting. Volunteers will assist you if you have a question.

*Except the 1st Wednesday - Computer Club

Additional Computers Available at Library

The Troy Library has four computers with Microsoft Office only, 23 computers with Internet and Office, and 20 with Internet access available for free use during regular library hours. Call 524-3542 for more information.

House Calls Available

These individuals will come to your home, for a nominal fee, and help you with computer problems such as setting up a computer, installing software, setting up an Internet account, etc. Please call them to make arrangements:

Richard DeArment	**Rita Knorr**
248-709-4949	248-689-8454
Gene Goldsworthy	**Albert Skomski**
248-689-1478	248-879-2395